

Dynamic Test of Progress ДПО Approach and Attitude Control Thrusters

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–07:45		Prep for work
07:45–08:00		Prep/video camera setup in USOS (FE-1 - assist)
08:00–08:15		Daily planning conference (<i>S-band</i>)
08:15–08:25	CDR	TV address: Greeting graduates of the Korolyov Military Academy in Zhitomir (<i>S+Ku-band using US camera</i>)
08:25–11:15		Unloading and IMS tracking of Progress m1-10 cargo
11:15–12:45	CDR	Physical exercise (TVIS-4)
11:15–12:30	FE-1	Physical exercise (CEVIS)
12:45–13:45		LUNCH
13:45–15:15		Unloading and IMS tracking of Progress m1-10 cargo
15:15–15:50	CDR	IMS file prep
15:40–15:50	FE-1	Setup for PAO event
15:50–16:00		
16:00–16:20		PAO event
16:20–16:35	CDR	Private medical conference (<i>S-band</i>)
16:35–16:50	FE-1	
16:35–16:40	CDR	Inspection of БРПК-1 separator
16:40–17:40	CDR	Physical exercise (VELO + Load Trainer 1 / day 4)
16:50–18:05	FE-1	Physical exercise (RED)
17:40–18:15	CDR	Maintenance of COЖ
18:05–18:15	FE-1	Transfer of TVIS/RED files to MEC
18:15–18:45		Daily plan review
18:45–19:00		Daily planning conference (<i>S-band</i>)
19:00–19:30		Prep for work
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

See OSTP for references to US activities.

End of radiogram